



Legs, Bum and Tum

# Introduction

Welcome to your legs, bum and tum workout. This plan should be done twice a week and can be integrated within any current plan that you are doing again and again. This is a perfect plan for anyone that wants to improve their lower body strength and tone up at the same time.

The first section of both plans are typical gym exercises with 60 seconds rest between sets, you can add weight where you need to but if you're new to exercising then I would strongly suggest starting at a low weight or just bodyweight where applicable.

The second part of the workouts is core specific, do this as a short circuit with no rest between exercises and 60 seconds rest between sets. Please consult a doctor before starting any fitness programme.

Thank you for choosing DR Fitness and Nutrition

Dave

## Day 1

	Set	Reps	Weight
Back Squat	1	10	
	2	10	
	3	10	
Bulgarian Split Squats	1	10 Each Leg	
	2	10 Each Leg	
	3	10 Each Leg	
Leg Press	1	10	
	2	10	
	3	10	
Leg Curls	1	10	
	2	10	
	3	10	
Seated Leg Abduction	1	10	
	2	10	
	3	10	
Core Circuit			
<ul style="list-style-type: none"><li>• 40x Flutter Kicks</li><li>• 10x Russian Twists (Both Sides)</li><li>• 10x Abdominal Curls</li><li>• 30 Seconds Plank</li></ul>			

Complete 3 sets with 60 seconds rest between sets

Notes:

## Day 2

Back Squat	Set	Reps	Weight
	1	10	
	2	10	
	3	10	

Walking Lunges	1	10 Each Leg
	2	10 Each Leg
	3	10 Each Leg

Leg Extension	1	10
	2	10
	3	10

Straight Leg Dumbbell Deadlifts	1	10
	2	10
	3	10

Seated Leg Adduction	1	10
	2	10
	3	10

### Core Circuit

- 30 Seconds Right Side Plank
- 30 Seconds Left Side Plank
- 10x Woodchops (each side)
- 10x Abdominal Curl

Complete 3 sets with 60 seconds rest between sets

Notes:

## **How To:**

**Back Squat** – Make sure your feet are shoulder width apart with your toes facing slightly outwards, rest the barbell on the top of your back (not on the neck), bend at the knees and lower your hips towards the floor, keep your heels flat on the floor and don't let your knees cave inwards, once you are at the bottom of the movement push up through your heel and mid foot back to the start position.

**Leg Curls** – Lie in a prone position with roller just behind ankles, Flex the knee joint and bring your heels to your glutes, return to the start position.

**Leg Press** – Make sure your back is flat against the seat with your feet are fully on the plate slightly wider than shoulder width and toes pointing out slightly, push through the heel and mid foot to fully extend your legs (DO NOT FULLY LOCK YOUR KNEES OUT), Lower the plate under control and push back through your heel and mid foot to fully extended your legs.

**Split Squats** – Stand 2-4 feet in front of a bench (depending on your height), facing away. Have one leg resting on the bench behind you, laces down, with your feet in line with your hips, sink your body down until the knee of your back leg almost touches the floor, The front knee should be at a right angle. Push up through your front foot to return to the start position.

**Seated Hip Abduction** – Place feet on footplates with the outside of your knees on the pads, push legs as far outwards as is comfortable, return to start position but don't let the weights touch between reps.

**Seated Leg Adduction** – Place feet on footplate with inside of knee on the pads, start with your legs as wide as possible that is comfortable, bring legs together, return to the start position but don't let the weights touch between reps.

**Straight Leg Dumbbell Deadlifts** – Stand upright with a dumbbell in each hand in front of your legs, without bending your legs get the weight as close to the floor as is comfortable, return to the start position under control.

**Seated Leg Extensions** – Make sure your back is flat to the rest and the roller is just above your ankles, extend your leg fully and return to the start position. Try to not let the weights touch between reps.

**Walking Lunges** – Keep your torso straight and step forward with an exaggerated step, your back knee should touch the floor, your back foot then pushes away from the floor and bring it in line with your front foot, so you are stood upright again, repeat with the other leg.

**Russian twists** – Sit on the floor with your feet flat on the floor so your knees are bent, lean back slightly and while remaining in this position twist at the core to touch one side next to you then twist to touch the other side.

**Flutter Kicks** – Lie on your back with your legs straight and together, Hands need to be down by your side or placed under your hips for support, lift both feet off the floor a little bit then lift one a little bit higher then lower and repeat with the other leg.

**Plank** – Lie in the prone position with your forearms on the floor instead of your hands, your elbows should be directly underneath your shoulders and toes stay on the ground. Keep a straight line from your head to your ankles by keeping your core tight. Hold this position for the period needed.

Side Planks – Lie on your right side with your legs straight and feet stacked on top of each other. Place your right elbow under your right shoulder with your forearm pointing away from you and your hand balled into a fist. The pinky side of your hand should be in contact with the ground. With your neck neutral, breathe out and brace your core. Lift your hips off the mat so that you're supporting your weight on your elbow and the side of your right foot. Your body should be in a straight line from your ankles to your head. Hold this position for the duration of the exercise. Repeat on your left side.

Abdominal Curls – Lie in a supine position and place hands on the chest, keep your core engaged and lower back flat to the floor, curl up instead of sitting up, keep your feet flat on the floor throughout.

Wood Chops with Kettlebell or Medicine Ball – In a kneeling position bring one leg up so your feet are flat on the floor, the KB or MB starts on the other side, pick the KB or MB up and in one motion take it from your knee to the opposite shoulder. Switch sides and start again.